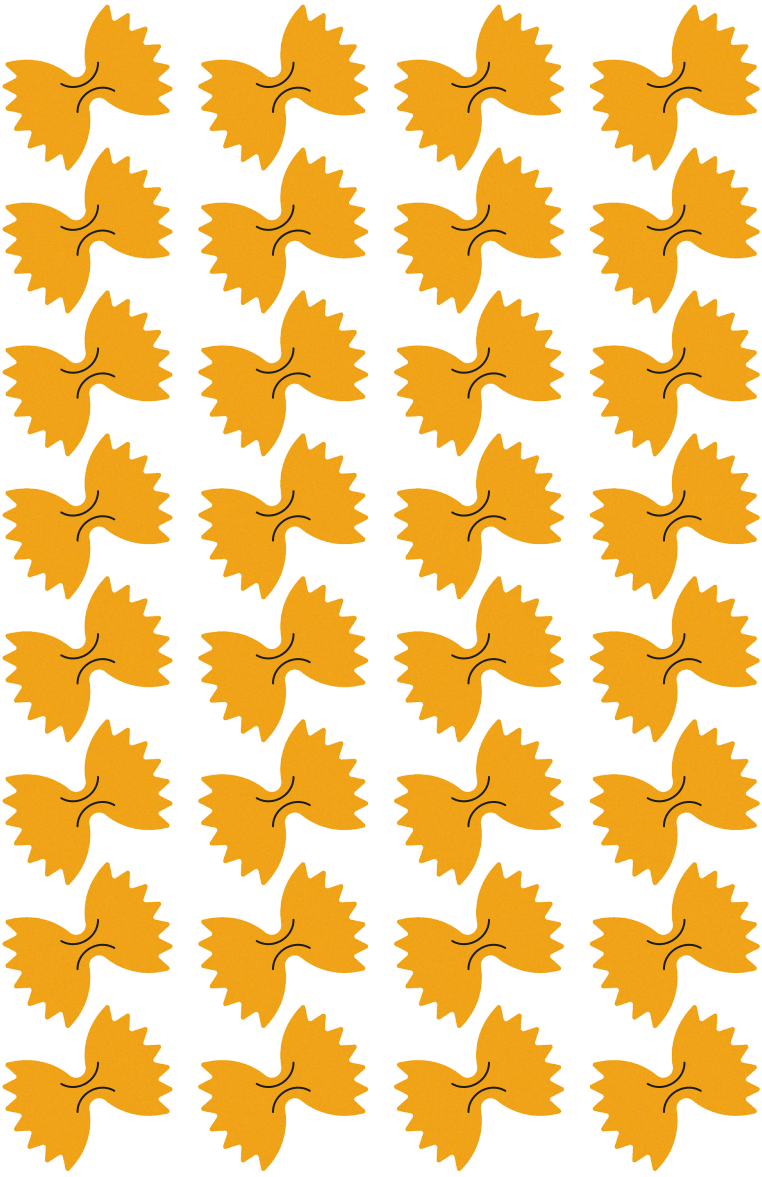
Recipes from

The Futurist Cookbook

Filippo Tommaso Marinetti



Recipes from

Filippo Tommaso Marinetti

The Futurist Cookbook

La cucina futurista

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based on a translation by **Suzanne Brill**

designed by **Dowon Jung**

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When Filippo Tommaso Marinetti published the *Manifesto della cucina futurista* in 1930, Italian Futurism had already been dying. Having placed the movement in support of Benito Mussolini's Fascist government, Marinetti had failed to make Futurism the 'official state art' of Italy as he had hoped, and in turn the movement had been abandoned by most of its non-Fascist members. Futurist cuisine, then, was one of Marinetti's characteristic works of public theatrics — and perhaps his most successful — in a bid to revive the movement's fortunes.

Reading through the manifestos and recipes in the *Cookbook*, it is transparent why Futurism's attraction to Fascism was so natural yet simultaneously uneasy. In its orgastic worship of war, violence, and the modern technology which facilitated both, Futurist rhetoric in many ways presaged Italian Fascism. It was an authentically radical attack on what Marinetti considered to be stale bourgeois traditionalism — from pasta itself to Pellegrino Artusi's seminal cookbook, *La scienza in cucina e l'arte di mangiar bene.* Yet the Futurists' unabashed embrace of eroticism likely discomforted the generally prudish Fascists, and indeed, by the mid-1930s, when Italian Fascists imported the attacks on 'degenerate art' from their German counterparts, Futurist art was frequently condemned as well under that same category. Ultimately, Marinetti and his fellow Futurists came from that same coagulating mass of political and aesthetic radicalism of the early twentieth century — a swirling quadrille danced by Fascists, nationalists, socialists, syndicalists, republicans, and other radicals, whose movements variously contested and fed into each other.

Nevertheless, as much as this text is an uncomfortable historical artefact, it is also extraordinarily comedic and inventive. More importantly, despite the *Cookbook*'s decidedly complicated political legacy, Marinetti articulated something that has always been true of food — that it has never been about mere nourishment, and instead has always been a medium for political struggle, for cultural assertion, for artistic expression. To paraphrase Marinetti himself: we think dream and act according to what we eat and drink.

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—— THE MANIFESTO OF FUTURIST COOKING ——

Italian Futurism, father of numerous Futurisms and avant-gardisms abroad, will not remain a prisoner of those worldwide victories secured *'in twenty years of great artistic and political battles frequently consecrated in blood,'* as Benito Mussolini put it. Italian Futurism will face unpopularity again with a programme for the total renewal of food and cooking.

Of all artistic and literary movements Futurism is the only one whose essence is reckless audacity. Twentieth-century painting and twentieth-century literature are in reality two very moderate and practical Futurisms of the right. Attached to tradition, dependent on each other, they prudently only essay the new.

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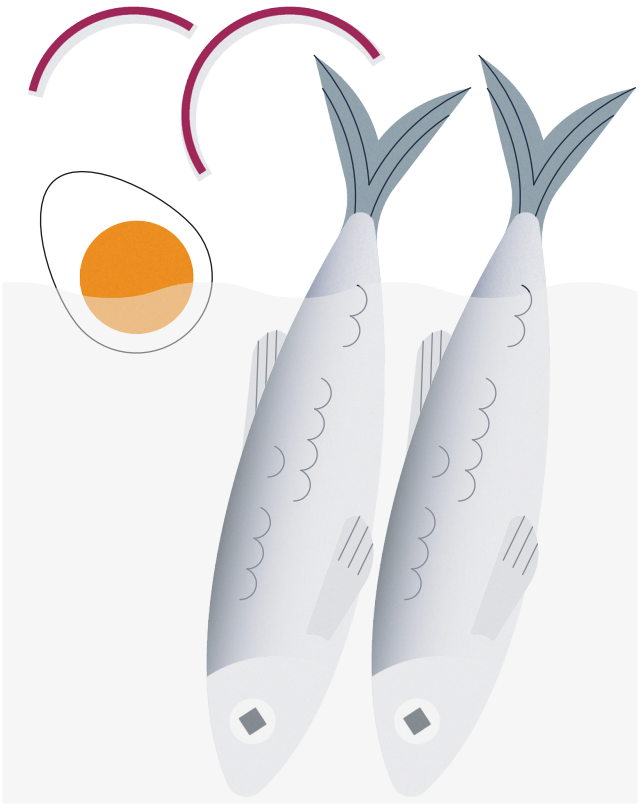

Luciano Folgore - *Folgore's Dazzling Appetiser*

Futurism has been defined by the philosophers as *'mysticism in action'*, by Benedetto Croce as *'anti-historicism'*, by Graça Aranha as *'liberation from aesthetic terror'*. We call it *'the renewal of Italian pride'*, a formula for *'original art-life'*, *'the religion of speed'*, *'mankind straining with all his might towards synthesis'*, *'spiritual hygiene'*, *'a method of infallible creation'*, *'the geometric splendour of speed'*, *'the aesthetics of the machine'*.

Against practicality we Futurists therefore disdain the example and admonition of tradition in order to invent at any cost something new which everyone considers crazy.

While recognising that badly or crudely nourished men have achieved great things in the past, we affirm this truth: men think dream and act according to what they eat and drink.

Let us consult on this matter our lips, tongue, palate, taste buds, glandular secretions, and probe with genius into gastric chemistry.

We Futurists feel that for the male the voluptuousness of love is an abysmal excavator hollowing him out from top to bottom, whereas for the female it works horizontally and fan-wise. The voluptuousness of the palate, however, is for both men and women always an upward movement through the human body. We also feel that we must stop the Italian male from becoming a solid leaden block of blind and opaque density. Instead he should harmonize more and more with the Italian female, a swift spiralling transparency of passion, tenderness, light, will, vitality, heroic constancy. Let us make our Italian bodies agile, ready for the featherweight aluminium trains which will replace the present heavy ones of wood iron steel.

Convinced that in the probable future conflagration those who are most agile, most ready for action, will win, we Futurists have injected agility into world literature with words-in-liberty and simultaneity. We have generated surprises with illogical syntheses and dramas of inanimate objects that have purged the theatre of boredom. Having enlarged sculptural possibility with anti-realism, having created geometric architectonic splendour without decorativism and made cinematography and photography

abstract, we will now establish the way of eating best suited to an ever more high speed, airborne life.

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Above all we believe necessary:

a. The abolition of *pastasciutta*, an absurd Italian gastronomic religion.

   It may be that a diet of cod, roast beef and steamed pudding is beneficial to the English, cold cuts and cheese to the Dutch and sauerkraut, smoked [salt] pork and sausage to the Germans, but pasta is not beneficial to the Italians. For example it is completely hostile to the vivacious spirit and passionate, generous, intuitive soul of the Neapolitans. If these people have been heroic fighters, inspired artists, awe-inspiring orators, shrewd lawyers, tenacious farmers, it was in spite of their voluminous daily plate of pasta. When they eat it they develop that typical ironic and sentimental scepticism which can often cut short their enthusiasm.

   A highly intelligent Neapolitan professor, Signorelli, writes: *'In contrast to bread and rice, pasta is a food which is swallowed, not masticated. Such starchy food should mainly be digested in the mouth by the saliva but in this case the task of transformation is carried out by the pancreas and the liver. This leads to an interrupted equilibrium in these organs. From such disturbances derive lassitude, pessimism, nostalgic inactivity and neutralism.'*

   Pastasciutta, 40% less nutritious than meat, fish or pulses, ties today's Italians with its tangled threads to Penelope's slow looms and to somnolent old sailing-ships in search of wind. Why let its massive heaviness interfere with the immense network of short long waves which Italian genius has thrown across oceans and continents? Why let it block the path of those landscapes of colour form sound which circumnavigate the world thanks to radio and television? The defenders of pasta are shackled by its ball and chain like convicted lifers or carry

its ruins in their stomachs like archaeologists. And remember too that the abolition of pasta will free Italy from expensive foreign wheat and promote the Italian rice industry.

b. The abolition of volume and weight in the conception and evaluation of food.

c. The abolition of traditional mixtures in favour of experimentation with new, apparently absurd, mixtures, following the advice of Jarro Maincave and other Futurist cooks.

d. The abolition of everyday mediocrity from the pleasures of the palate.

***

We invite chemistry immediately to take on the task of providing the body with its necessary calories through equivalent nutrients provided free by the State, in powder or pills, albumoid compounds, synthetic fats and vitamins. This way we will achieve a real lowering of the cost of living and of salaries, with a relative reduction in working hours. Today only one workman is needed for two thousand kilowatts. Soon machines will constitute an obedient proletariat of iron steel aluminium at the service of men who are almost totally relieved of manual work. With work reduced to two or three hours, the other hours can be perfected and ennobled though study, the arts, and the anticipation of perfect meals.

In all social classes meals will be less frequent but perfect in their daily provision of equivalent nutrients.

***

The perfect meal requires:

1. Originality and harmony in the table setting (crystal, china, décor) extending to the flavours and colours of the foods.

2. Absolute originality in the food.

3. The invention of appetising food sculptures, whose original harmony of form and colour feeds the eyes and excites the imagination before it tempts the lips.

4. The abolition of the knife and fork for eating food sculptures, which can give prelabial tactile pleasure.

5. The use of the art of perfumes to enhance tasting. Every dish must be preceded by a perfume which will be driven from the table with the help of electric fans.

6. The use of music limited to the intervals between courses so as not to distract the sensitivity of the tongue and palate but to help annul the last taste enjoyed by re-establishing gustatory virginity.

7. The abolition of speech-making and politics at the table.

8. The use in prescribed doses of poetry and music as surprise ingredients to accentuate the flavours of a given dish with their sensual intensity.

9. The rapid presentation, between courses, under the eyes and nostrils of the guests, of some dishes they will eat and others they will not, to increase their curiosity, surprise and imagination.

10. The creation of simultaneous and changing canapés which contain ten, twenty flavours to be tasted in a few seconds. In Futurist cooking these canapés have by analogy the same amplifying function that images have in literature. A given taste of something can sum up an entire area of life, the history of an amorous passion or an entire voyage to the Far East.

11. A battery of scientific instruments in the kitchen: ozonisers to give liquids and foods the perfume of ozone, ultra-violet ray lamps (since many foods when irradiated with ultra-violet rays acquire active properties, become more assimilable, preventing rickets in young children, etc.), electrolysers to decompose juices and extracts, etc., in such a way as to obtain from a known product a new product with new properties, colloidal mills to pulverise

flours, dried fruits, drugs, etc.; atmospheric and vacuum stills, centrifugal autoclaves, dialysers. The use of these appliances will have to be scientific, avoiding the typical error of cooking foods under steam pressure, which provokes the destruction of active substances (vitamins etc.) because of the high temperatures. Chemical indicators will take into account the acidity and alkalinity of the sauces and serve to correct possible errors: too little salt, too much vinegar, too much pepper or too much sugar.

F. T. MARINETTI

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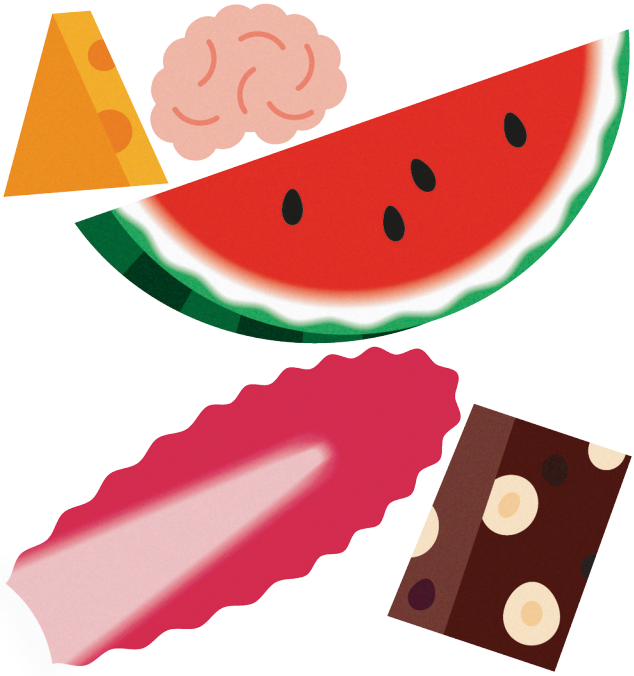
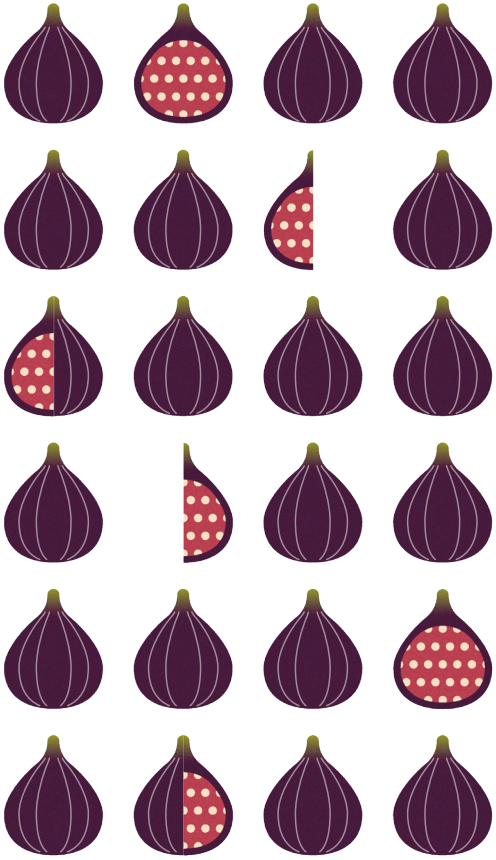


Marinetti - *Words in Liberty Sea Platter*



Futurist Formulas for Restaurants and Quisibeve

The vague quantities given in many of these formulas, far from constituting a matter of concern, should on the contrary stimulate the imagination of Futurist cooks, for fortuitous mistakes often lead to new dishes.

—— *DECISONE* ——

(polibibita by the Futurist Aeropoet Marinetti)

1/4 China Martini
1/4 rum
1/4 boiling Barolo[1]
1/4 mandarin juice

[1] A Piedmontese red wine made from Nebbiolo grapes

—— *INVENTINA* ——

(polibibita by the Futurist Aeropoet Marinetti)

1/3 Asti spumante[2]
1/3 pineapple liqueur
1/3 chilled orange juice

[2] A sparkling white Italian white produced in southeast Piedmont

—— A SIMULTANEOUS DISH ——

(formula by the Futurist Aeropoet Marinetti)

Chicken aspic,[3] half of it studded with squares of raw young camel meat, rubbed with garlic and smoked, and half studded with balls of hare meat stewed in wine.

Eat this by washing down every mouthful of camel with a sip of *acqua del Serino*[4] and every mouthful of hare with a sip of *Scirà* (a non-alcoholic Turkish wine made with must).

[3] A type of meat jelly made from broth
[4] Springwater from Serino, Campania – famous for its Roman aqueducts

—— WORDS IN LIBERTY SEA PLATTER ——

(formula by the Futurist Aeropoet Marinetti)

On a sea of endive dotted with bits of ricotta sails half a watermelon with a tiny captain on board, sculpted out of Dutch cheese, who commands a sluggish crew roughly hewn in calves' brains cooked in milk. A few centimetres from the prow a rocky reef of Sienese *Panforte*.[5] The sea and the ship are sprinkled with

cinnamon or red pepper.

[5] A chewy Sienese dessert containing fruits & nuts

—— *TRAIDUE* ——

(formula by the Futurist Aeropainter Fillìa)

Two rectangular pieces of bread: one spread with anchovy paste, the other with chopped apple skins. Between the two slices of bread salami.

—— *TOTALRICE* ——

(formula by the Futurist Aeropainter Fillìa)

Boiled white rice is arranged like this: one part in the middle of the plate in the form of a hemisphere, another part around the hemisphere in the form of a crown. The moment it is brought to the table pour over the hemisphere a sauce of hot white wine thickened with cornflour and over the crown a sauce of hot beer, egg yolk and Parmesan cheese.

—— ITALIAN SEA ——

(formula by the Futurist Aeropainter Fillìa)

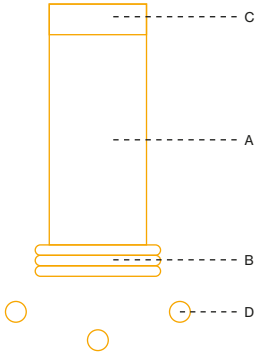
On a rectangular plate arrange a base formed of geometric stripes of fresh tomato sauce and liquidised spinach to create a precise red and green pattern. On this green and red sea place some little constructions made of tiny cutlets of boiled fish, banana slices, a cherry and a piece of dried fig. Each of these constructions is rendered organic by a toothpick holding the various elements together vertically.

—— SCULPTED MEAT ——

(formula by the Futurist Aeropainter Fillìa)

'Sculpted Meat' (a synthetic interpretation of the orchards, gardens and pastures of Italy) is composed

of a large cylindrical rissole of minced veal stuffed with eleven different kinds of cooked vegetables. This cylinder (A), standing upright in the middle of the plate, is crowned with a thick layer of honey (C) and supported at the bottom by a sausage ring (B) which rests on three golden spheres of chicken meat (D).



— AEROFOOD —

(formula by the Futurist Aeropainter Fillìa)

The diner is served from the right with a plate containing some black olives, fennel hearts and kumquats. From the left he is served with a rectangle made of sandpaper, silk and velvet. The foods must be carried directly to the mouth with the right hand while the left hand lightly and repeatedly strokes the tactile rectangle. In the meantime the waiters spray the napes of the diners' necks with a *conprofumo* of carnations while from the kitchen comes contemporaneously a violent *conrumore* of an aeroplane motor and some *dismusica* by Bach.

—— THE EXCITED PIG ——

(formula by the Futurist Aeropainter Fillìa)

A whole salami, skinned, is served upright on a dish containing some very hot black coffee mixed with a good deal of eau de Cologne.

—— EDIBLE ALPHABET ——

(formula by the Futurist Aeropainter Fillìa)

From some Bolognese mortadella sausage, cheese, pastry and caramel cut out the letters of the alphabet (thick enough for them to be able to stand upright): each diner gets two, to match the initials of his name; this then resolves which foods are eaten with which.

—— SICILIAN HEADLAND ——

(formula by the Futurist Aeropainter Fillìa)

Chop together tuna, apples, olives and little Japanese nuts. Spread the resulting paste on a cold egg and jam omelette.

—— IMMORTAL TROUT ——

(formula by the Futurist Aeropainter Fillìa)

Stuff some trout with chopped nuts and fry them in olive oil. Then wrap the trout in very thin slices of calves' liver.

—— HUNTING IN HEAVEN ——

(formula by the Futurist Aeropainter Fillìa)

Slowly cook a hare in sparkling wine mixed with cocoa powder until the liquid is absorbed. Then immerse it for a minute in plenty of lemon juice. Serve

it in a copious green sauce based on spinach and juniper, and decorate with those silver hundreds and thousands which recall huntsmen's shot.

—— DEVIL IN BLACK KEY ——

(polibibita by the Futurist Aeropainter Fillìa)

2/4 orange juice
1/4 grappa[6]
1/4 liquid chocolate

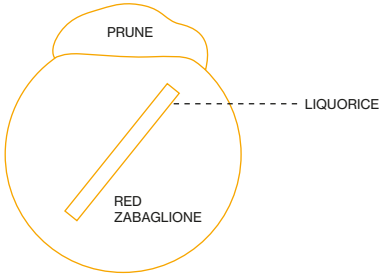
Put in a hard-boiled egg yolk.

[6] An Italian grape-based spirit, made from distilling grape pulps

—— ELASTICAKE ——

(formula by the Futurist Aeropainter Fillìa)

Fill a ball of puff pastry with some red zabaglione[7] and insert a stick (3 cm) of liquorice.



[7] Italian dessert – sometimes beverage – made with egg yolks, sugar, and a sweet wine

—— THE GREAT WATERS ——

(polibibita by the Futurist Aeropainter Prampolini)

1/4 grappa
1/4 gin
1/4 kümmel[8]
1/4 anise liqueur

On the liquid float a square of anchovy paste wrapped pharmaceutically in a wafer.

[8] A German liqueur made from caraway

Prampolini - *Alcoholic Joust*

—— ALCOHOLIC JOUST ——

(polibibita by the Futurist Aeropainter Prampolini)

2/4 dry red Barbera wine
1/4 citronade
1/4 Campari bitters

Into the liquid put a square of cheese and a square of chocolate threaded on a toothpick.

—— TASTY PREFACE ——

(formula by the Futurist Aeropainter Prampolini)

A cylinder of butter with a green olive on top. At the base of the cylinder: salami, raisins, pine nuts and tiny sugared sweets.

—— EQUATOR + NORTH POLE ——

(formula by the Futurist Aeropainter Prampolini)

An equatorial sea of golden poached egg yolks, served like oysters with pepper, salt and lemon. In the centre a cone of stiffly whipped and solidified egg white rises dotted with orange segments like succulent pieces of the sun. The peak of the cone is bombarded by bits of black truffle shaped to look like black aeroplanes trying to conquer the zenith.

—— TASTY DISCS ——

(formula by the Futurist Aeropainter Prampolini)

A tart of various fruits which rests on a disc of chocolate. The tart is then covered with two layers of *poltiglia* which divide it in half: the first made of tomato sauce and the second of spinach.

—— SPRING PARADOX ——

(formula by the Futurist Aeropainter Prampolini)

A big cylinder of plain ice cream has peeled bananas standing on top of it to look like palm trees. Hide some hard-boiled eggs, with their yolks removed and filled with plum jam, among the bananas.

—— RICE HERODIAS ——

(formula by the Futurist Dr Sirocofran)

To glorify the highest virginal purity and at the same time unite it with the greatest voluptuousness in the way of perfume, and to honour thus the glorious name of Mallarmé, who poetised the virgin Herodias in a green and watery landscape scattered with deeply sensual purple irises, take some rice and cook it in plenty of milk salted to taste. Drain it and sprinkle with finely powdered orris root.

—— CAPTIVE PERFUMES ——

(formula by the Futurist Dr Sirocofran)

Put a drop of perfume inside some thin brightly coloured balloons. Blow them up and warm them gently to vaporise the perfume and swell the outer surface.

Bring them to the table contemporaneously with the coffee, in little warmed dishes, making sure the perfumes are various. Hold a lighted cigarette near the bladders and inhale the scents that escape.

—— DATES IN MOONLIGHT ——

(formula by the Futurist Dr Sirocofran)

35–40 very mature and sugary dates, 500 grams Roman ricotta. Stone the dates and mash them well

(all the better if you can pass them through a sieve). Mix the pulp thus obtained with the ricotta until you have a smooth *poltiglia*. Refrigerate for a few hours and serve chilled.

—— FOLGORE'S DAZZLING APPETISER ——

(formula by the Futurist poet Luciano Folgore)

Awake my friend, for if you sleep
you will not make this superb dish —
an antipasto from blue sea deep —
for he who sleeps will catch no fish
but catch you must if you wish to dine
so fish for your fish in a barrel of brine
for two fine herrings smooth as silk,
and bathe them in a little milk.
Now pick them up these slippery fish
and clean them well, inside and out,
leave the milk in a small round dish
(you'll need it later on no doubt).
"But oh! these herrings from out of the oak
are still so salty — they must soak
at least four hours in acqua pura
to de-salt them you'll never be surer.
Don't moon about but lay them out
with a little onion and a hard-boiled egg
and chop them fine with a half-moon shine
(or a cutting knife I hear you beg!),
chop on and on but make no haste
till what is left is an antipasto paste
to which add condiments to taste.
This done, take the milk in the little round bowl
add a few drops of vinegar and some oil
mix all together as much as you want
for a sauce that's bland yet saucily piquant,
and over the herrings you've finished chopping
this makes a most delicious topping.
An antipasto such as this is
will start a meal that ends in kisses
rousing every appetite!
It's said that a King of Patagonia
for such a food renounced his nation
and while untrue — o mamma mia!

There's no better recommendation.
This dish that I command to you —
so good to the appetite and true —
It seems that Dante in the Vita Nuova
did write of it when the Banquet was over.
'Dear friend – such joy! you cannot buy it!
Nor can you judge if you don't try it.'

FUTURIST RISOTTO WITH CAPE GOOSEBERRIES

(formula by the Futurist Aeropoet Paolo Buzzi)

To prepare, remove the thin outside sheath from a kilo of Cape gooseberries and chop them into small pieces, carefully reserving any juice which escapes.

Get ready separately a large quantity of sauce made with a big bunch of parsley pounded together with a hint of garlic and onion.

Put lots of oil in a saucepan.

When it's hot take it from the heat and add the chopped gooseberries (reserving the juice) and the parsley sauce.

Return to the heat: cook until everything begins to take colour (but the onion not brown), then add enough rice for six persons, stirring constantly until it becomes golden. At this point ladle by ladle add seasoned stock to which the gooseberry juice has been added.

After twenty minutes of cooking, remove from the fire, forking up the rice and adding lots of cheese.

This risotto is Futurist because the Cape gooseberry is a fruit as it were *outside our normal frame of reference*: certainly much more so than the saffron plant which – nevertheless – is scarcely to be found growing wild any more either.

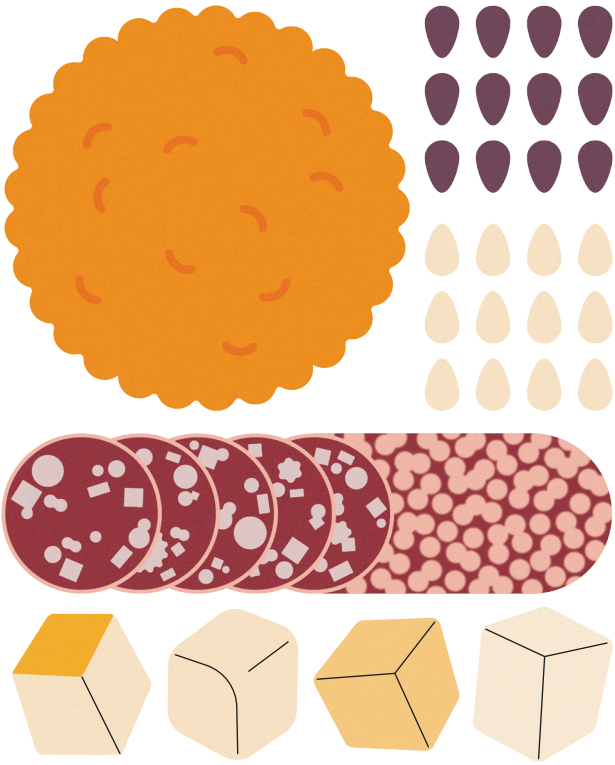
It is *synthetic* because the eight grains enclosed in

the sour bulb of the fruit are like the 'Marinettian' eight souls in a bomb; and because the Cape gooseberry is winged with wings of strong material like an aeroplane, wings that one throws away; and then they resemble parachutes; and it is extremely quickly digested like everything that comes from the Futurist forge (I mean kitchen).

—— RICE ORANGES ——

(formula by the Futurist Word-In-Liberty poet Mazza)

Prepare a good saffron or tomato risotto, being careful to take it from the fire not *al dente* but well-cooked, and let it cool. (It must not be *al dente* because the grains of rice should stick to each other.)



Mazza - *Rice Oranges*

Wet your hands, or, even better, oil them with olive oil, and make little balls out of it about the size of an orange. With your finger make a hole in each, enlarge it without breaking the walls, and fill it with some roughly chopped braised meat and some of the juices in which it was cooked. Add little lumps of cheese (fontina, mozzarella, caciocavallo or fresh provolone), salami or *prosciutto crudo* in little pieces, pine nuts and raisins. Cover with more risotto and form into a ball again. Roll these oranges in white flour then in beaten egg and finally in breadcrumbs. Fry them in lots of olive oil until golden and serve them hot and crisp.

—— LIKE A CLOUD ——

(formula by the Futurist Aeropoet Giulio Onesti)

A great mound of whipped cream streaked with orange juice, mint, strawberry jam and sprinkled lightly with Asti spumante.

—— STEEL CHICKEN ——

(formula by the Futurist Aeropainter Diulgheroff)

Roast a chicken, emptied of its insides. As soon as it is cold, make an opening in the back and fill the inside with red zabaglione on which are laid two hundred grams of silver hundreds and thousands. Attach cockscombs all round the opening.

—— WORDS-IN-LIBERTY ——

(formula by the Futurist Aeropoet Escadamè)

Three sea dates, a half-moon of red watermelon, a thicket of radicchio, a little cube of Parmesan, a little sphere of gorgonzola, 8 tiny balls of caviare, 2 figs, 5 *amaretti di Saronno* biscuits:[9] all arranged neatly on a large bed of mozzarella, to be eaten, eyes closed, letting one's hands wander here and there, while the great painter and words-in-liberty poet Depero recites

his famous song *Jacopson*.

[9] A bitter-sweet macaroon made from apricot kernels, traditional to the city of Saronno

—— THE GULF OF TRIESTE ——

(formula by the Futurist Aeropoet Bruno Sanzin)

Cook a kilo of shelled mussels in an onion and garlic sauce, slowly adding the rice. Serve this risotto with a dish of unsugared vanilla cream.

—— THE DRUNKEN CALF ——

(formula by the Futurist Aeropoet Bruno Sanzin)

Fill some uncooked veal with chopped apples, nuts, pine nuts and cloves. Cook in the oven. Serve cold in a bath of Asti spumante or *Passito* wine[10] from Lipari.

[10] Straw wine, made with grapes that have been dried off the vine

—— SIMULTANEOUS ICE CREAM ——

(formula by the Futurist words-in-liberty poet Giuseppe Steiner)

Dairy cream and little squares of raw onion frozen together.

—— ULTRAVIRILE ——

(formula by the Futurist art critic P. A. Saladin)

On a rectangular plate put some thin slices of calf's tongue, boiled and cut lengthwise. On top of these arrange lengthwise along the axis of the plate two parallel rows of spit-roasted prawns. Between these two rows place the body of a lobster, previously boned and shelled, covered in green zabaglione. At the tail end of the lobster place three halves of hard-boiled egg, cut lengthwise, so that the yellow rests on the slices of tongue. The front part, however, is crowned

with six cockscombs laid out like sectors of a circle, while completing the garnish are two rows of little cylinders composed of a little wheel of lemon, slices of grape and a slice of truffle sprinkled with lobster coral.

—— CARNALEAP ——

(polibibita by the Futurist art critic P. A. Saladin)

3 coffee beans.
1 part liqueur made from the following plants: coca, cola, damiana, muira puama, yohimbin, ginseng and prickly pear.
1 part tea liqueur.
1 part Kirsch

—— MORE-LESS-BY-DIVISION ——

(polibibita by the Futurist art critic P. A. Saladin)

1 candied chestnut.
1 part rose liqueur.
1 part pineapple liqueur.
1 part liqueur of thyme or serpolet.

—— ALPINE LOVE ——

(polibibita by the Futurist art critic P. A. Saladin)

1/4 lemon balm liqueur
1/4 spruce liqueur
1/4 banana liqueur
1/4 lily-of-the-valley liqueur

—— FOG LIFTER ——

(polibibita by the Futurist art critic P. A. Saladin)

1/3 wormwood liqueur
1/3 rhubarb liqueur
1/3 grappa

—— A SPARK ——

(polibibita by the Futurist art critic P. A. Saladin)

1/4 green walnut liqueur
1/4 gentian liqueur
1/4 absinthe liqueur
1/4 juniper liqueur

—— MANANDWOMANATNIGHT ——

(polibibita by the Futurist art critic P. A. Saladin)

Pour some red zabaglione on to a round plate so as to form a large pool.

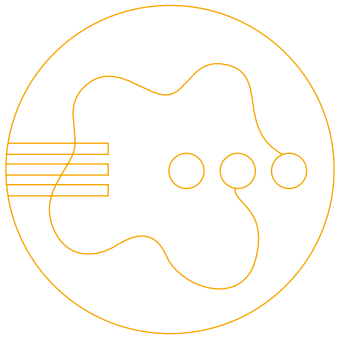
In the middle of this place a nice big onion ring transfixed by a stalk of candied angelica. Then lay out two candied chestnuts, as shown in the illustration, and serve one plate per couple.

—— FISTICUFF STUFF ——

(polibibita by the Futurist art critic P. A. Saladin)

Cover the bottom of a round plate with fondue lightly perfumed with grappa. On one side of the plate put equidistant from each other three halves of red pepper shaped into cones which have been cooked in the oven and filled with a green paste composed of asparagus tips, celery and fennel hearts, little onions, capers, artichokes and olives. On the opposite side

set out in a row three boiled leeks. An arabesque of grated truffle which starts at the second pepper and winds its way finally to the one on the edge completes the dish.

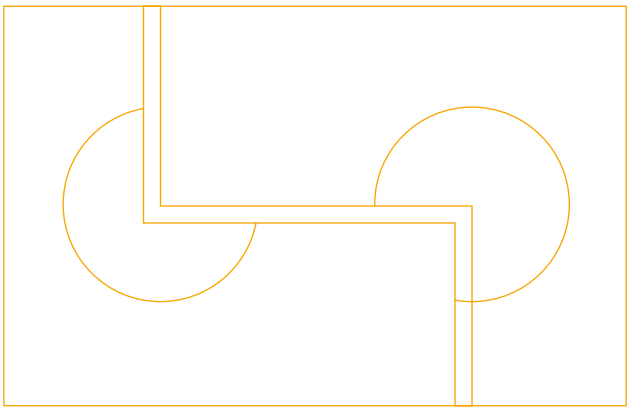


—— CUBIST VEGETABLE PATCH ——

(polibibita by the Futurist art critic P. A. Saladin)

1. Little cubes of celery from Verona fried and sprinkled with paprika;
2. Little cubes of fried carrot sprinkled with grated horseradish;
3. Boiled peas;
4. Little pickled onions from Ivrea sprinkled with chopped parsley;
5. Little bars of Fontina cheese;

N.B. The cubes must not be larger than 1 cubic centimetre.



—— WHITE AND BLACK ——

(formula by the Futurist Poet of National Record Farfa)

A one-man-show on the internal walls of the Stomach consisting of free-form arabesques of whipped cream sprinkled with lime-tree charcoal. Contra the blackest indigestion. Pro the whitest teeth.

___ THE SOIL OF POZZUOLI AND ___ THE GREENERY OF VERONA

(formula by the Futurist Poet of National Record Farfa)

Candied citrons, stuffed with chopped fried cuttlefish. Chew them up well as if they were anti-Futurist critics.

—— STRAWBERRY BREASTS ——

(formula by the Futurist Poet of National Record Farfa)

A pink plate with two erect feminine breasts made of ricotta dyed pink with Campari with nipples of candied strawberry. More fresh strawberries under the covering of ricotta making it possible to bite into an ideal multiplication of imaginary breasts.

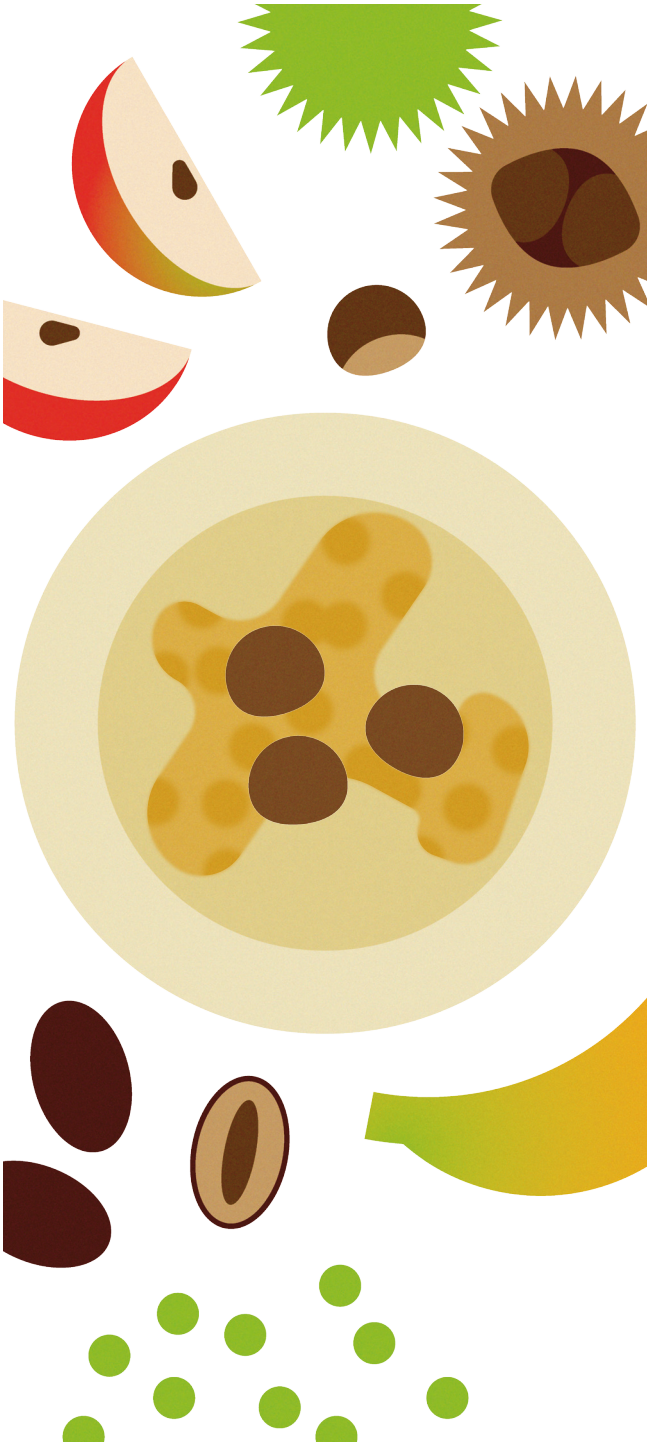
—— GERANIUMS ON A SPIT ——

(formula by the Futurist Poet of National Record Farfa)

Long slender cylinders of puff pastry. Thread on to each one four geraniums: white, pink, red, and purple, having first lightly browned them in cold rosolio liqueur or in *Roob Coccola di Zara*. While eating them think of the dead floral style.

—— CARROT + TROUSERS + PROFESSOR ——

(formula by the Futurist Poet of National Record Farfa)



Fedele Azari - *Libyan Aeroplane*

A raw carrot standing upright, with the thin part at the bottom, where two boiled aubergines are attached with a toothpick to look like violet trousers in the act of marching. Leave the green leaves on the top of the carrot to represent the hope of a pension. Eat the whole thing without ceremony!

—— MANNA COFFEE ——

(formula by the Futurist Poet of National Record Farfa)

Barley coffee roasted and sweetened with manna. Serve it very hot so that the diners can cool it by blowing over it densely congealing jokes.

—— SENATE OF THE DIGESTION ——

(formula by the Futurist Poet of National Record Farfa)

Four diners will each order two well-known dishes or digestive drinks. Or eight diners one each. The other guests will secretly vote against one or the other. The winner will be the drink or dish that gets the fewest negative votes.

—— LIBYAN AEROPLANE ——

(formula by the air pilot, Futurist poet and Aeropainter Fedele Azari)

Steep candied chestnuts for 2 minutes in eau de Cologne and then for 3 minutes in milk, then serve them on a *poltiglia* (shaped into the form of a slender aeroplane) of bananas, apples, dates and peas.

—— NETWORK IN THE SKY ——

(formula by the Futurist Aerosculptor Mino Rosso)

The base is a disc of cherry-flavoured caramel.

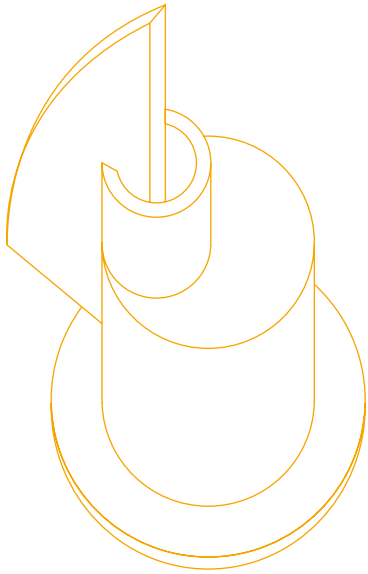
The large cylinder: three leaves of puff pastry stuffed with tamarind pulp and covered with chocolate fondant.

The small cylinder: crowns of meringue, one on top of the other, covered in mandarin-flavoured fondant.

The centre of the upper cylinder contains whipped cream with tamarind pulp and shelled pistachios.

The wing is mandarin-flavoured caramel.

Shortly before bringing it to the table the pudding should be covered with threads of green spun sugar.



—— INTUITIVE ANTIPASTO ——

(formula by Signora Colombo-Fillìa)

Hollow out an orange to form a little basket in which are placed different kinds of salami, some butter, some pickled mushrooms, anchovies and green peppers. The basket perfumes the various elements with orange. Inside the peppers are hidden little cards printed with a Futurist phrase or a surprising saying (for example: *'Futurism is an anti-historical movement'*

– 'Live dangerously' – 'With Futurist cooking, doctors, pharmacists and grave diggers will be out of work,' etc.)

—— MILK IN A GREEN LIGHT ——

(formula by Signorina Germana Colombo)

Put a few teaspoons of honey, lots of black grapes and several red radishes in a large bowl of cold milk. Eat with a green *disluce* illuminating the bowl. Contemporaneously drink a *polibibita* made up of mineral water, beer and blackberry juice.

—— FUTURIST PHEASANT ——

(formula by the Aeropoet Dr Pino Masnata)

Roast a well-cleaned pheasant, then keep it for an hour in a *bain-marie*[11] in Muscat wine from Syracuse. Then an hour in milk. Fill it with *mostarda di Cremona*[12] and candied fruits.

[11] A water bath
[12] A northern Italian condiment made with candied fruit and a mustard-flavoured syrup

—— PIQUANT AIRPORT ——

(formula by the Futurist Aeropainter Caviglioni)

A field of Russian salad with mayonnaise, covered with green salad. All around, various medallions composed of rolls spread with orange, egg white and mixed fruit. Red-coloured butter and anchovies or sardines form the outlines of aeroplanes on the green field.

—— ROARS OF ASCENT (RICE WITH ORANGES) ——

(formula by the Futurist Aeropainter Caviglioni)

Plain risotto with a luminous sauce: the sauce is composed of the marrow from a veal bone braised in

Marsala and a little rum and orange peel cut into thin strips, boiled with a hint of vinegar. And orange juice. Perfume with ‘national sauce’, which you can find in the shops.

—— VEAL FUSELAGE ——

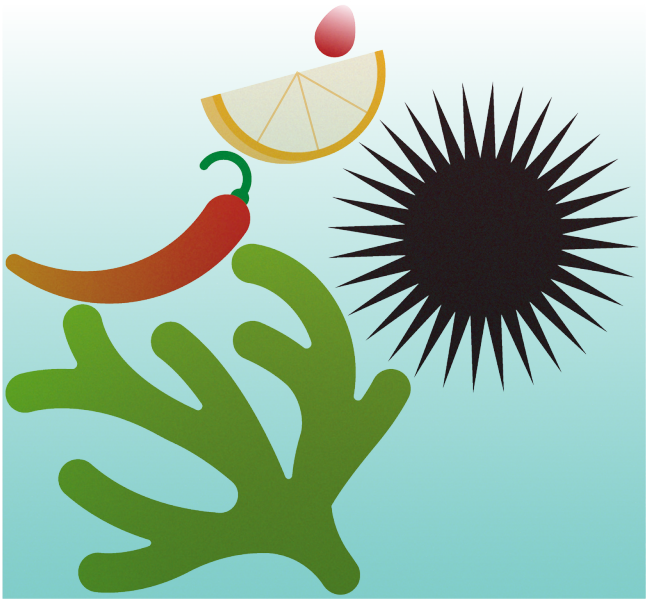
(formula by the Futurist Aeropainter Caviglioni)

Slices of veal attached to a fuselage composed of cooked chestnuts, little onions and sausages. All sprinkled with powdered chocolate.

—— COSMIC APPARITIONS ——

(formula by the Futurist Aeropainter Caviglioni)

Fennel, beetroot, turnips, yellow carrots on top of a spinach pie. Add some candy floss. The boiled and buttered vegetables are cut in the form of stars, moons, etc.



Tullio d’Albasola - *Tyrrhenian Seaweed Foam (with Coral Garnish)*

—— DIGESTIVE LANDING ——

(formula by the Futurist Aeropainter Caviglioni)

Out of a sweet *poltiglia* of chestnuts boiled in water and vanilla sticks form a landscape of mountains and plains.

Above it, with blue ice cream, form atmospheric layers and streak them with aeroplanes of pastry coming down at an angle towards the ground.

—— ITALIAN BREASTS IN THE SUNSHINE ——

(formula by the Futurist Aeropainter Marisa Mori)

Form two firm half spheres of almond paste. Place a fresh strawberry on the centre of each of them. Then pour some zabaglione onto the plate and some dollops of whipped cream.

The whole may be sprinkled with strong pepper and garnished with sweet red peppers.

___ TYRRHENIAN SEAWEED FOAM ___ (WITH CORAL GARNISH)

(formula by the Futurist Aeroceramicist Tullio d'Albasola)

Take a bunch of freshly-netted sea lettuce, being careful the catch was not made near sewers or drains because such lettuce easily absorbs bad smells. Wash and rinse in plenty of running water. When it is clean, dip it in some lemon juice. Powder the leaves with sugar and add spray with a wave of whipped cream.

The coral garnish consists of an assembly of clusters of piquant red peppers, slices of sea urchins caught at full moon, and a constellation of seeds from a ripe pomegranate.

The whole, with its artistic architectural lines and inspired arabesques, should be served immediately

on a round flat plate, with waves made of broth added, and covered by a sheet of blue cellophane.

—— MARINETTIAN BOMBE ——

(formula by the Futurist cook Alicata)

Coat a bombe mould with orange gelatine, decorating the top with little strawberries. Decorate the sides with some candied angelica in the form of a crown and the back part with candied chestnuts. Cover the decoration with another layer of gelatine and leave it to set.

Line the empty centre with some sponge fingers, forming a square, and fill up the space with a vanilla bavaroise. Chill it thoroughly, then unmould it and serve with a garnish of half apricots in gelatine, orange slices and bits of candied lemon.

—— THE TUMMY TICKLER ——

(formula by the Futurist Aeropainter Ciuffo)

A slice of pineapple on which sardines are laid out in rays. The centre of the pineapple slice is covered with a layer of tuna on which sits half a walnut.

—— SWEET AND STRONG ——

(formula by Signora Barosi)

A *traidue* of two slices of bread and butter, spread with mustard and enclosing bananas and anchovies.

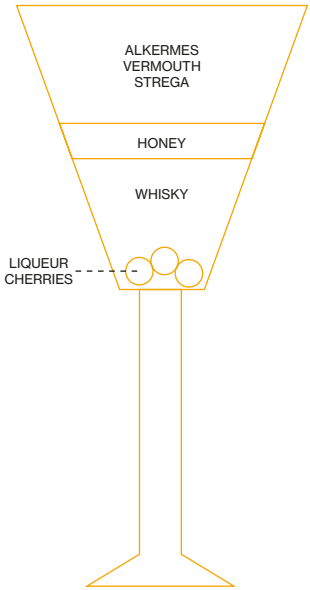
—— FIRE IN THE MOUTH ——

(polibibita by the Futurist engineer Barosi)

At the bottom of a glass: whisky with liqueur cherries, previously rolled in cayenne pepper. Next layer:

milk and honey or honey (1cm thick) forming an impermeable division. On top of the honey: alkermes,[13] vermouth and Strega.[14]

[13] An Italian liqueur made with herbs and spices, made red by adding kermes – a type of red scale insect
[14] An Italian herbal liqueur coloured with saffron



—— AN UPRIGHT ——

(polibibita by the Futurist engineer Barosi)

A small empty cylinder of ice, covered outside with honey. Inside and at the base: dairy ice cream, then nuts from Chivasso and pieces of pineapple, the whole thing steeped in vermouth and crushed mint.

—— BEFORE THE WEDDING RING ——

(polibibita by the Futurist engineer Barosi)

On an aluminium pan, equidistant: a little heap of toasted almonds, banana slices, anchovies, roasted coffee beans, tomato slices, slices of Parmesan cheese. In the centre of the pan, a glass containing vermouth, cognac, Strega. Inside: banana slices.

—— THE REGENERATOR ——

(formula by the Futurist engineer Barosi)

an egg yolk.
half a glass of Asti spumante.
3 toasted nuts.
3 teaspoons of sugar.

Beat the whole together for ten minutes. Serve in a glass with a peeled banana sticking out of it.

—— THE LICTOR'S BUNDLE ——

(formula by the Futurist engineer Barosi)

Cardoon and celery sticks, about 10cm long, cooked previously in water, are placed upright so as to form an empty cylinder. They are fixed by: underneath a hemisphere of plain risotto and above by half a lemon. The inside of the cylinder is filled with chopped meat, oil, pepper and salt. Distributed like stars on the hemisphere of rice: a cucumber, a piece of banana, a piece of beetroot.

—— SIMULTANEITY ——

(polibibita by the Futurist Dr Vernazza)

4/8 Vernaccia wine
3/8 vermouth
1/8 aquavit[15]

Some very fresh dates, stuffed with mascarpone cheese mixed with Aurum liqueur (Pescara).[16] Thus prepared, the dates are then wrapped in thin slices of *prosciutto crudo* and then in a lettuce leaf. The whole thing is threaded on a toothpick along with a little pickled red pepper stuffed with bits of Parmesan cheese.

(If the toothpick is put into the glass, eyes of fat deposited by the ham will appear on the surface of

the liquid: in this case the *polibibita* may be called *'This little piggy who makes eyes at you'*).

[15] A distilled spirit from Scandinavia
[16] Sweet orange-flavoured liqueur produced in Pescara

—— RISOTTO TRINACRIA ——

(formula by the Futurist Dr Vernazza)

Rice cooked in the normal way. Sauce prepared by frying a little onion and butter, to which you add a tiny bit of flaked white tuna and tomato. Season the risotto, mix in a few green olives and garnish with well-peeled mandarin segments.

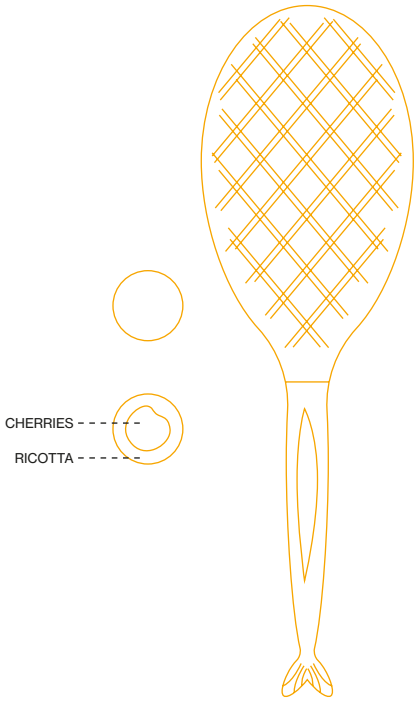
Vernazza - *Risotto Trinacria*

—— TENNIS CHOP ——

(formula by the Futurist Dr Vernazza)

Veal cutlets cooked in butter and cut in the form of tennis rackets. Before serving, spread them with a thick layer of a paste (made of mascarpone and chopped nuts); trace lines on the paste with tomato sauce mixed with rum. To make the racket handle, an anchovy with a slice of banana on top.

Then some perfectly round balls made from cherries soaked in liqueur (without stones), rolled in a paste of ricotta, egg, cheese and nutmeg. Cook rapidly to prevent the alcohol from losing strength.



—— BLACK SHIRT SNACK ——

(formula by the Futurist Dr Vernazza)

A fish cutlet between two large discs of rennet apple: the whole doused in rum and set alight before serving.

—— ATLANTIC AEROFOOD ——

(formula by the Futurist Dr Vernazza)

Bright green vegetable *poltiglia* (made of lentils, peas, spinach, etc.). On this place some aeroplanes, one per diner, formed by: little triangular pastries (wings) – carrots cut lengthwise (fuselage) – cockscombs cooked in butter (rudder) – kumquats cut in round slices and set upright (propeller).

—— EDIBLE SKIER ——

(formula by the Futurist Dr Vernazza)

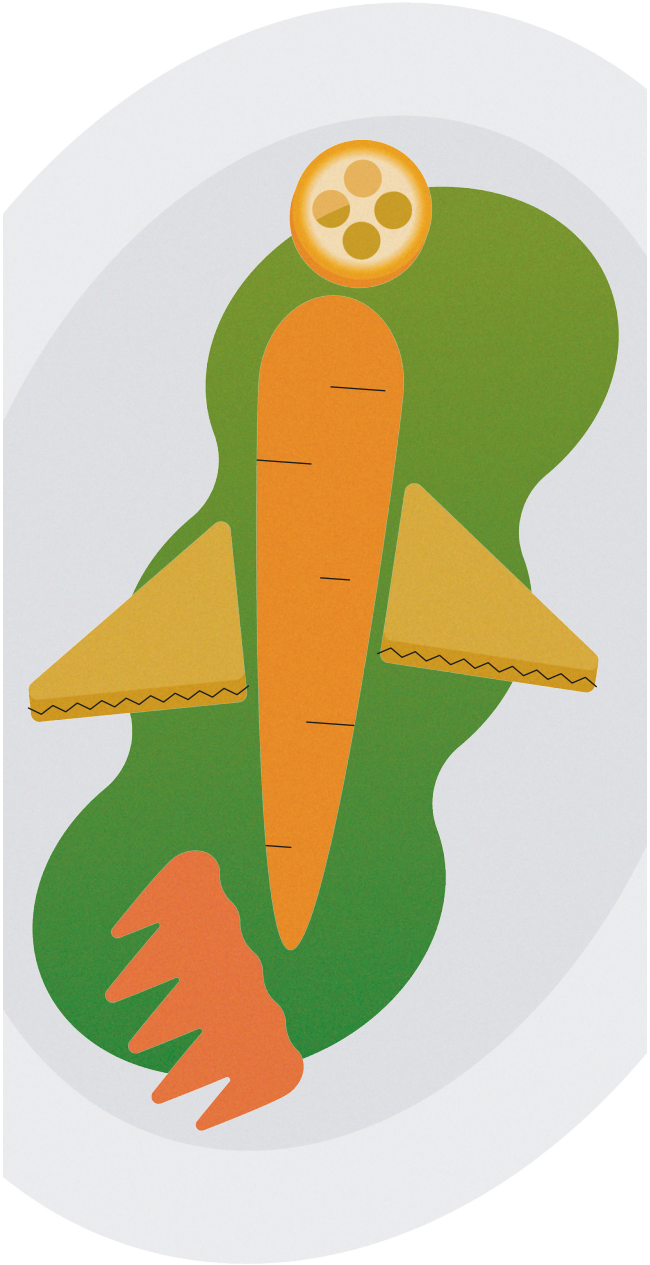
Zabaglione frozen hard in a bowl. On top: a layer of whipped cream. Between the zabaglione and the cream slices of orange soaked in Zara maraschino. On the white surface place long slices of banana with, at the centre, a half date stuffed with a paste of chopped sweet and bitter almonds and Aurum liqueur. On the two sides of this composition, which reminds one of skis: discs of candied fruits with a sweet breadstick threaded through the centre.

—— DIABOLICAL ROSES ——

(formula by the Futurist Pasca d'Angelo)

2 eggs
100g flour
juice of 1/2 fresh lemon
a tablespoon of olive oil

Mix the ingredients well to form a not too thick batter; pluck the heads off some velvety red roses in full bloom, toss them in, and fry them in boiling oil the same way as with Jerusalem artichokes. Serve very hot. (These roses are ideal for newly weds to eat at midnight in January especially if they are covered with *Mafarka* pudding – see the following formula).



Dr Vernazza - *Atlantic Aerofood*

—— *MAFARKA*[17] PUDDING ——

(formula by the Futurist Pasca d'Angelo)

50g coffee
sugar to taste
100g rice
2 eggs
rind of fresh lemon
50g orange flower water
1/2 litre milk

Cook the coffee in the milk and sweeten to taste
Pour in the rice and cook it until very dry and *al dente*.
Remove from the heat and when it is cold grate into it the peel of a lemon and stir in the orange flower water; pour into a mould and refrigerate. When icy cold serve with fresh biscuits.

Buon appetito, and long live steel!

[17] Named after Marinetti's 1909 novel *Mafarka il futurista*

—— THE BOMBARDMENT OF ADRIANOPOLIS ——

(formula by the Futurist Pasca d'Angelo)

2 eggs
100g olives
50g capers
100g buffalo mozzarella
6 anchovies
25g butter
100g rice
1/2 litre milk

Set the rice to cook in the milk and halfway through the cooking add the butter and some salt. Remove the rice from the heat and quickly mix in an egg, incorporating it well. When the mixture is cold divide it into ten parts, and into each incorporate a slice of mozzarella, half an anchovy, three or four capers, two or three stoned olives and a good pinch of black pepper. Beat the other egg, form each portion into a ball, dip it in the egg, then roll in breadcrumbs and fry.

THE JUMPING ASKARI (AN EAST AFRICAN SOLDIER)

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Cook a leg of lamb with bay leaves, pepper, rosemary and garlic. Strain off the juices and serve with dates stuffed with salted pistachios, some dry white wine and lemon juice.

APPETITE APPEASER

(formula by the Futurist Giachino, proprietor of the Holy Palate)

On a large slice of ham put raw salami, gherkins, olives, tuna, pickled mushrooms, artichoke hearts. Bring the two ends of the ham together and seal them with anchovy fillets, a slice of pineapple and some butter.

ZOOLOGICAL SOUP

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Pastry in animal shapes, made of rice flour and eggs, filled with jam and served in a hot pink broth spiked with a few drops of Italian eau de Cologne.

COMPENETRATION

(formula by the Futurist Giachino, proprietor of the Holy Palate)

On top of some creamed peas place a cutlet of smoked meat cooked in butter. Pour some tomato sauce on to the cutlet and add an apple with anchovies soaked in egg and rum. Dip the stuffed turnips in egg yolk and then in fine breadcrumbs and cook them in the oven.

—— GREEN RICE ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

On a base of spinach pour some white boiled rice with butter. Cover this with a thick cream of peas and ground pistachios.

—— DIVORCED EGGS ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Divide some hard-boiled eggs in half and remove the yolks intact. Put the yolks on a *poltiglia* of potatoes and the whites on a *poltiglia* of carrots.

—— POCKET BOOK TURNIPS ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Small new turnips boiled for 10 minutes with bay leaves, onions and rosemary. Slice them open like a wallet and stuff them with anchovies soaked in egg and rum. Dip the stuffed turnips in egg yolk and then in fine breadcrumbs and cook them in the oven.

—— MOUTH OF FIRE ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Brown some marrow from a shin of veal in butter. Then add some breadcrumbs, nuts and a juniper berry and put it back on the heat with half a glass of plum juice and cook it until all the liquid has been absorbed. Then add six stoned plums stuffed with almonds. Return to the heat with a cup of dry white wine and lemon juice.

—— WHITE ROSE ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Various quantities of orangeade, Campari and anise with essence of White Roses.

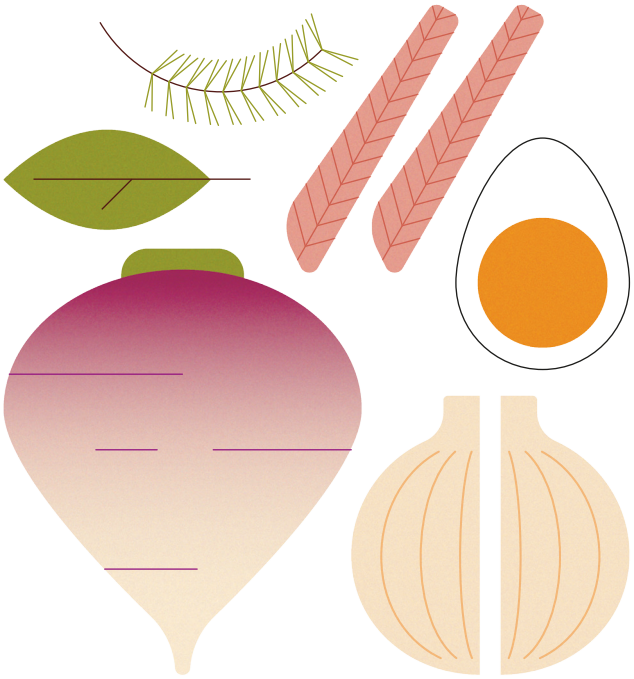
—— SURPRISE BANANAS ——

(formula by the Futurist Giachino, proprietor of the Holy Palate)

Scoop out a cavity in a peeled banana and fill it with chopped chicken meat.

Put it on the fire in a buttered pan and gradually add some meat juices.

Serve with vegetables.



—— GLOSSARY ——

Marinetti and the other Futurists coined a variety of new words for their recipes, in part as a way of encouraging Italians to stop using foreign food words:

Conprofumo
term that indicates the olfactory affinity of a given perfume with the flavour of a given food. Example: the *conprofumo* of pulped potato and roses.

Conrumore
term that indicates the sound affinity of a given noise with the flavour of a given food. Example: the *conrumore* of rice in orange sauce and a motorcycle engine, or *The Awakening of the City* by the Futurist *rumorist* Luigi Russolo.

Decisone
generic name for hot-tonic *polibibite* that help one to make, after a short but profound meditation, an important decision.

Dismusica
term that indicates the complementary nature of a given piece of music with the flavour of a given food. Example: the *dismusica* of dates with anchovies and Beethoven's Ninth Symphony.

Disluce
term that indicates the complementary nature of a given light with the flavour of a given food. Example: the *disluce* of chocolate ice cream and a hot orange light.

Inventina
generic name for refreshing and slightly inebriating *polibibite* that help one to find a new idea suddenly.

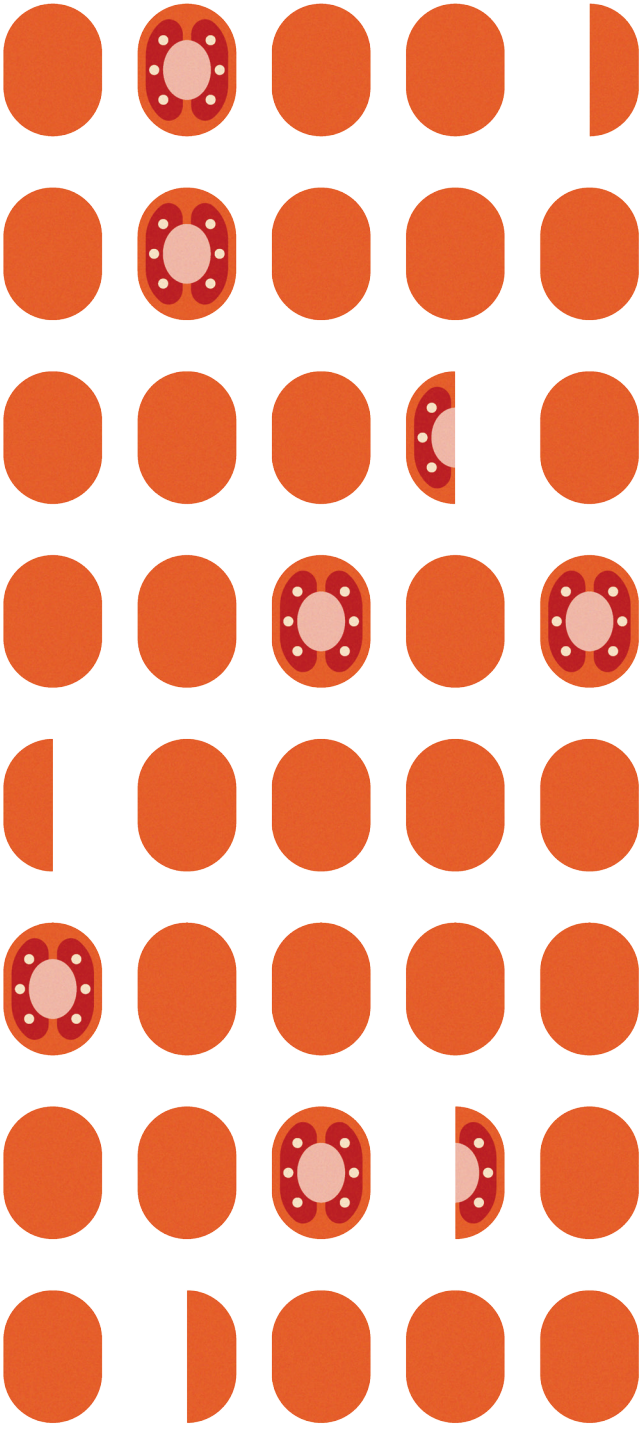
Polibibita
replaces COCKTAIL (literally 'poly-drink')

Poltiglia
replaces PURÉE

Quisibeve
replaces BAR (literally ‘here one drinks’)

Traidue
replaces SANDWICH (literally ‘between two’)

P. A. Saladin - *Ultravirile*



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